

# **IDAHO MILLENNIUM FUND GRANT APPLICATION**

**Submitted By: Mustard Tree Wellness Clinic**

## **I. EXECUTIVE SUMMARY:**

**Date:** October 6, 2008

**Contact Person:** Dr. David A. McClusky – Board Chair/President  
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**Organization:** Mustard Tree Community Wellness Clinic  
676 Shoup Ave West #2  
Twin Falls, Idaho 83301

**Purpose of Request:** To develop and run a Tobacco Quit Program for the Mustard Tree Community Wellness Clinic with the assistance of the Magic Valley Youth Tobacco-Free Coalition, local pharmacies, and St. Luke's Magic Valley Respiratory Therapy Department.

**Target Population:** Mustard Tree patients who smoke, and their family members.

**Total Project Budget:** \$126,500

**Total dollar amount requested:** \$65,000

## **II. PROPOSAL**

### **A. ORGANIZATIONAL BACKGROUND:**

1. The Mustard Tree Wellness Clinic was established in 2004 as a ministry of the Twin Falls Reformed Church. The Clinic is now a non-denominational wellness and navigational clinic that in 2007 was organized as a non-profit 501c3.

The mission is to provide medical care to patients and their families who are employed or actively seeking employment. They must have little or no health care insurance, no Medicaid or Medicare coverage and have inadequate financial resources using the National Poverty Level guide.

2. Today, the clinic has six fully equipped exam rooms and is open three evenings a week. It is staffed by 20 physicians and over 125 medical staff and volunteers. The clinic is free to the patients and has no paid staff members. Last year, the clinic had 1,713 patient visits and this year through September, we have had 1,705 patient visits. We have navigated 266 patients for specialty care throughout the eight counties in our area with arrangements we have with local care givers.
3. The Mustard Tree Community Wellness Clinic Board of Directors:  
President – David A. McClusky, MD  
Medical Director – Ronald Miciak, MD  
Clinic Coordinator/Navigator – John Sexton

D.N.S/Assistant Treasurer – Sandra Sexton, RN  
Education Coordinator/Assistant D.N.S – Susan Baisch, RN  
Treasurer – Pam Nelson  
Long Range Planning/Fund Raising – Debra Annest, MHE  
Dental Services Coordinator – Lorinda Horner, RDH  
Mental Health Coordinator – Hilber Nelson, MSW

The volunteer staff consists of 20 MD's, 9 residents, 7 NP's, 5 PA's, and 31 nurses. In addition, there are 43 volunteers in support staff positions

In addition to the medical team in the clinic, we have partnered with health professionals in the community in specialties such as ophthalmology, endocrinology, E.N.T, dermatology, gynecology, urology, orthopedic, podiatry, plastic surgery, spine surgery, rheumatology, and general surgery. In all, there are 31 physicians in the community who provide specialized care to our patients.

Other key partners who work with the clinic are St. Luke's Magic Valley Regional Medical Center, CSI, Family Practice Residents from Boise, and Physician Assistant Students from ISU.

## **B. PURPOSE OF REQUEST: GOALS AND OUTCOMES**

1. As part of our wellness and prevention programs in the clinic, we want to offer a good smoking cessation program; a program that is physician driven, includes the use of Chantix along with monthly anti-smoking support group meetings where smoking cessation is monitored.
2. (a) Offer an opportunity for our patients to become involved in a successful smoking cessation program they can afford. At the end of one year, we hope to have 60% or more of our participants in the program smoke free. Also, our program will bring together a group of health care providers that will work as a team in the cessation efforts in a new way. Mustard Tree Physicians will make the referral to the program and monitor progress. Working with them will be the respiratory therapy department of SLMVRMC, Magic Valley Youth Tobacco-Free Coalition, South Central District Health Department, and local pharmacies.  
  
(b) This unique physician-run program, with patient compliance required to remain in the program, will get the best results. It will also show the great cessation results using a non-Nicotine Replacement drug.

## **C. ORGANIZATIONAL CAPACITY:**

1. Wellness and prevention is one of the five major pathways of services the Mustard Tree provides patients. Tobacco and smoking is the leading cause of disease in our clinic population and to improve their health care, it must be regulated. Health outcomes improve and chronic diseases are easier to control in non-smokers.
2. Wellness and prevention is one of the major pathways in our clinic. Other prevention and wellness programs we provide are access to mammograms, pap

smears, PSA and prostate exams, and colonoscopies. We also have a diabetes wellness program and are developing an asthma program. As our patients utilize these programs, their overall health improves.

2. This program will link with the Magic Valley Youth Tobacco-Free Coalition and the South Central District Health Departments Smoking cessation program. We will also use the ACS quit line and the SLMVRMC Respiratory Therapy department. Many organizations are working on tobacco cessation, but this program is unique because like no other program, it is physician driven, uses Chantix, and has a monthly support program. Compliance will be required to continue in the program and the patient will be evaluated every 6 months.
3. The Mustard Tree staff is made up of 20 physicians, 7 NP's, 5 PA's, and 31 nurses. The respiratory care will be provided by SLMVRMC trained and certified staff. The cessation program will be under the leadership of Tamy Pearson, South Central District Health Department, and the members of the Magic Valley Youth Tobacco-Free Coalition.
4. The target population for this program will be the Mustard Tree patients who are smokers and want to or need to quit smoking. At the present time, none of the patients are volunteers or members of any of the organizations working together with this program.

#### **D. PROCESS:**

1. This smoking cessation program will be the third wellness and prevention endeavor by the Mustard Tree Clinic. Our first program dealt with Diabetes and the second with Women's Health.

The population of the clinic is around 700 patients and is growing daily. About 70% are smokers and this complicates their treatment and long-term health. This grant will be the beginning of helping our patients stop smoking with an affordable and supportive program. Our last evaluation showed more than 60% of our smokers want to quit and this will be our target audience. They will be referred to the program by the Mustard Tree medical staff, who will also monitor their success every 3 months for two years. The program will include monthly Chantix prescriptions with a \$25.00 co-pay. Also included in the program will be a monthly cessation meeting and spirometry testing every 6 months. The network that will provide this will be the Mustard Tree Clinic and its staff, SLMVRMC Respiratory Therapy staff, local pharmacies, the Magic Valley Youth Tobacco-Free Coalition, and South Central District Health Department. The above program is ready to commence and we are setting up patient referrals now and have the first cessation meeting ready to go in January.

#### **E. EVALUATION PLAN:**

1. The main question we will try to answer is whether a unique program like this can produce a quit rate higher than other programs. Presently, there are no smoking cessation programs with a quit rate higher than 10 to 15% over a one year time span. This project will combine four components that have not been used together in previous cessation programs. The four components are (1) physician driven and monitored, (2) the use of Chantix, (3) required compliance to receive continued

support and medication, and (4) the monitoring program to last for at least two years. The controlled patient population combined with this unique organization partnership should help show how to produce the best cessation outcomes. Since we already follow our patients' outcomes in regards to their problem such as diabetes, hypertension, mental health and wellness habits, smoking cessation will be added with no problems. We will evaluate and improve our smoking program just like we have our other wellness programs. We will then try to bring our program to more patients in our clinic.

We believe that being a not-for-profit, outcome-based free clinic, that is physician run, makes us a unique program. We can easily take one dollar and turn it into 10 dollars worth of care. We can solve the medical access to care problem for many people and help change the health care system from treating illness and injury to promoting wellness and prevention.

We will use the same staff and methods we use now to follow our other wellness programs and their outcomes. Unlike any other smoking cessation programs, the patients will be followed for two years, which is probably the minimal time needed to show success.

At the present time, we report on a quarterly basis our outcomes and use of all funding dollars to all of our private stake holders and funding agencies.

#### **F. SUSTAINABILITY:**

The Mustard Tree Clinic is staffed by volunteers, and our overhead cost and rent are covered by other financial sources.

The money from this grant will go into a restricted fund just for this program. The cost it will cover will be for the drug Chantix, the monitored use for the monthly cessation program and respiratory equipment costs.

At the present time, the clinic is funded by private funds that usually are restricted to one of our pathway programs. Once this program shows its success rate like our Diabetes, Dental and Mental health programs have, funding will be renewable and available. We are already looking for ways to increase this program and its partners and funding sources for the future.

This program has combined the best drug treatment, best cessation program, with physician oversight. All three of these independently work best in their category for smoking cessation. Together, the program becomes the strongest known possible and will have the best results. It will be a model for the future of tobacco control.

Our mission is to provide quality health care to the uninsured in our community and tobacco is the number one cause of disease in our patient population. Therefore, one of the major goals in our clinic will always be tobacco cessation and adequate support to carrying out its successful execution.

Stopping a patient from smoking is just as important as treating their diabetes or hypertension and their health outcomes will never be optimal without cessation.

We also realize the patient has a responsibility and role to play in maintaining their health.

With our clinic, we take away the excuse that they don't have access to good health care. We place the responsibility for their health in their hands and we help them make good decisions about life-style choices.

We believe by making the patient responsible for their life-style decisions and providing access to health care, we prevent chronic health problems later. The patients have to partner with the care provided and work to improve their health just as we work to treat their disease conditions. Wellness and prevention will always be the Clinic's top priority and therefore, tobacco will always be our number one enemy. This philosophy has been the guiding light in our development and will also guide our future pathways.

### **III. BUDGET:**

#### **A. CURRENT REQUEST:**

1. (see attached Project Budget and Personnel Costs Detail Tables)
2. Our requested funding for this grant covers the cost of Chantix, respiratory disposable equipment and for the cessation program. The Chantix costs \$125 a month per person and our goal would be to make it available to 140 patients. Once a month, after going to a cessation program, the patient would get a voucher worth \$100 after paying a co-pay of \$25. They would present the voucher to a participating pharmacy and get one month of Chantix. The cost to cover 200 patients would be from the grant and co-pay money.

Respiratory therapy money would be for disposable mouth pieces for the spirometry and the sluth analyzer test. This would cost \$4,000.

Finally, the cessation program to set up and cover material would be covered by \$5,000.

The Mustard Tree Clinic will cover the cost of office supplies needed and setting up and continuing an ongoing evaluation and monitoring program.

SLMVRMC has agreed to cover the cost of the respiratory therapy department involvement in our program. This included equipment and staff costs. Finally, the pharmacies have agreed to help with a discount on the price of Chantix.